

# Basement

拍数: 48      墙数: 1      级数: Improver  
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音乐: In the Basement (feat. Kelly Clarkson) - Martina McBride



**Intro : 32 counts // NO TAG NO RESTART**

**Sect 1 : HEEL STRUTS, TOE TOUCH TO SIDE**

1 – 4            R heel forward – R step in place – L heel for forward – L step in place  
5 – 8            R toe to side – R step in place – L toe to side – L step in place

**Sect 2 : CROSS ROCK, SHUFFLE ¼ TURN RIGHT, PIVOT ½, FWD SHUFFLE**

1 – 2            Cross rock R over L – recover on L  
3&4            R to side – close L beside R – turn ¼ right step R fwd (3.00)  
5 – 6            Rock L forward – turn ½ right recover on R (9.00)  
7&8            Shuffle forward on L-R-L

**Sect 3 : SIDE ROCK, CROSS SHUFFLE , ½ TURN RIGHT , CROSS SHUFFLE**

1 – 2            R rock to side – recover on L  
3&4            Cross R over L – L to side – R over L  
5 – 6            Turn ¼ right step L back – turn ¼ right step R to side (3.00)  
7&8            Cross L over R – R to side – L over R

**Sect 4 : ¼ LEFT, FWD SHUFFLE, FWD ROCK, BACK HOOK**

1 – 2            R rock to side – turn ¼ left recover on L (12.00)  
3&4            Forward shuffle on R-L-R  
5 – 6            L rock fwd – recover on R  
7 – 8            L back – hook R over L

**Sect 5 : WALK FORWARD HOLD, HEEL BOUNCE ½ TURN LEFT**

1 – 4            Walk forward R-L-R – hold  
5 – 8            Bounce both heels 4x whilst turning ½ left (6.00)

**Sect 6 : FWD, HOLD, ½ RIGHT , HOLD , KNEE BENDS**

1 – 2            R forward – hold  
3 – 4            Turn ½ right step L back – hold (12.00)  
5 – 6            R to side – bend L knee towards R  
7 – 8            Straighten L knee – bend R knee towards L

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